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27. (new) The method of claim 26, wherein said lactose containing product is milk.
28. (new) The method of claim 26, wherein said lactose containing product is powder lactose.
29. (new) The method of claim 25, wherein said first fermented dairy product is cheese.
30. (new) The method of 29, wherein said lactose containing product is milk.
31. (new) The method of claim 29, wherein said lactose containing product is powder lactose.
32. (new) The method of claim 25, wherein said lactose containing product is milk.
33. (new) The method of claim 25, wherein said lactose containing product is powder lactose.
34. (new) The method of claim 25, further comprising the steps of continuing to daily administer said lactose containing product while discontinuing said administration of said first fermented dairy product; and daily administering a second fermented dairy product which contains live cultured bacteria associated with said second fermented dairy product while discontinuing said administration of said lactose containing product.

35. (new) The method of claim 34, wherein said first fermented dairy product is selected from the group consisting of yogurt and cheese and said second fermented dairy product is selected from the group consisting of yogurt and cheese.

36. (new) The method of claim 35, wherein said first fermented dairy products is a different product from said second fermented dairy product.

37. (new) The method of claim 34, wherein said lactose containing product is milk.

38. (new) The method of claim 34, wherein said lactose containing product is powder lactose.

39. (new) The method of claim 34, wherein said lactose containing product is administered in a daily progressively increased amount of lactose in a range from about 0.8 grams to about 250 grams, said first fermented dairy product is administered in a daily progressively decreased amount in a range from 8 to 4 ounce, and said second fermented dairy product is administered in a daily progressively increased amount in a range from 1 to 2 ounce.

40. (new) The method of claim 39, wherein said first fermented dairy product is selected from the group consisting of yogurt and cheese and said second fermented dairy product is selected from the group consisting of yogurt and cheese.

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41. (new) The method of claim 39, wherein said first fermented dairy products is a different product from said second fermented dairy product.

42. (new) The method of claim 39, wherein said lactose containing product is milk.

43. (new) The method of claim 39, wherein said lactose containing product is powder lactose.

44. (new) The method of claim 39, wherein said lactose containing product is administered for a period of 38 days, said first fermented dairy product is administered for a period of two days and said second fermented dairy product is administered for a period of two days.

45. (new) The method of claim 44, wherein said first fermented dairy product is selected from the group consisting of yogurt and cheese and said second fermented dairy product is selected from the group consisting of yogurt and cheese.

46. (new) The method of claim 44, wherein said first fermented dairy products is a different product from said second fermented dairy product.

47. (new) The method of claim 44, wherein said lactose containing product is milk.